

Important Information for Antigen Therapy Patients

- 1) Allergy injections are given at Student Health Service by appointment only. No injections are scheduled after 3pm.
- 2) Please wear non-constricting clothing or short sleeves.
- 3) Our policy requires you to carry an antihistamine on the day of your injection. This is **mandatory** and for your safety.
- 4) To obtain maximum benefit from your allergy desensitization program, we recommend that you adhere to the dosage intervals as ordered by your Allergist, but the schedule may vary slightly depending on your attendance and individual progress.

Clinic Procedure

On arrival at Student Health Services, please register with the front office staff or on the computer. If the line-up is long, please come directly to the chairs in the hallway within the clinic, then register with the front office staff after your injection.

You must wait in the clinic for **30 minutes** following each injection. Do not leave the clinic, even briefly. **No exception** is ever made to this rule, so be sure to allow sufficient time to wait. There are bathrooms in SHS.

Following the 30 minutes, see one of the nurses to check the injection site for any reaction. It is helpful if you see the same Nurse who gave your injection.

Sometimes it may be necessary to treat injection-site reactions. This may take up to a **minimum of an hour**. Antihistamines, ice, or other medications, may be required.

Allergy injections are not given if you are ill. For example, if you have a fever, feel very unwell, or are being actively treated with antibiotics. Additionally, we recommend you defer your injection on any day you feel unwell, have undue stress or have slept poorly the night before. In this case, please call the clinic to cancel your appointment. If you are experiencing increased allergy symptoms, your allergy shot may be given, but inform your Nurse, as a dosage adjustment may be made.

Always inform your Nurse if you are taking any medications, including the use of antihistamines or if this has changed since your last injection.

Local Reactions

You may notice itching, redness and swelling at your injection site. Redness and swelling should not exceed 2 ½ inches in diameter and should not last over 24 hours. Itching may last several days and this is of no importance. Excessive redness and swelling should be reported to the Nurse before your next injection. Failure to report these symptoms may result in a serious systemic reaction at the next injection.

Systemic Reactions

Because delayed reactions are possible, it is important that you have an antihistamine with you at all times. **Systemic reactions may be serious and life threatening.** Familiarize yourself with the nature of these symptoms, a sensation of heat in your body, hives, generalized itching, tingling or swelling to your lips, tongue, swelling of your face or eyes, problems swallowing or difficulty breathing. **Such symptoms constitute a medical emergency and should be aggressively treated.** If you are in the clinic, notify a staff member immediately! If you are outside the clinic, you should take an antihistamine and seek medical attention immediately by going to the nearest Emergency Department or Urgent Care Centre. Call 9-1-1 if required. For your information: Student Health is closed after 4pm on weekdays, and on weekends and statutory holidays. **Always** report a systemic reaction to your Nurse on your next visit!